ARE YOU 60 YEARS OR OLDER?

Are you sick and tired of being sick and tired?

Living Well with Chronic Conditions

A FREE, six-week program that will help you self-manage your health so that you can live a productive and quality life.



WHERE: Columbus Senior Center

2531 South 400 East

WHEN: Wednesday– Sept. 12,19,26, &

Oct. 3, 10, 17, 2007

TIME: 9:30 am - 12:00 pm

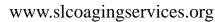
Topics taught include:

- Communicating with doctors
- Dealing with negative emotions
- How to achieve your goals
- Effective problem-solving
- Tips for eating well
- Relaxation techniques

To attend please call:

Healthy Aging Program 468-2772







... Options and opportunities for your generation.